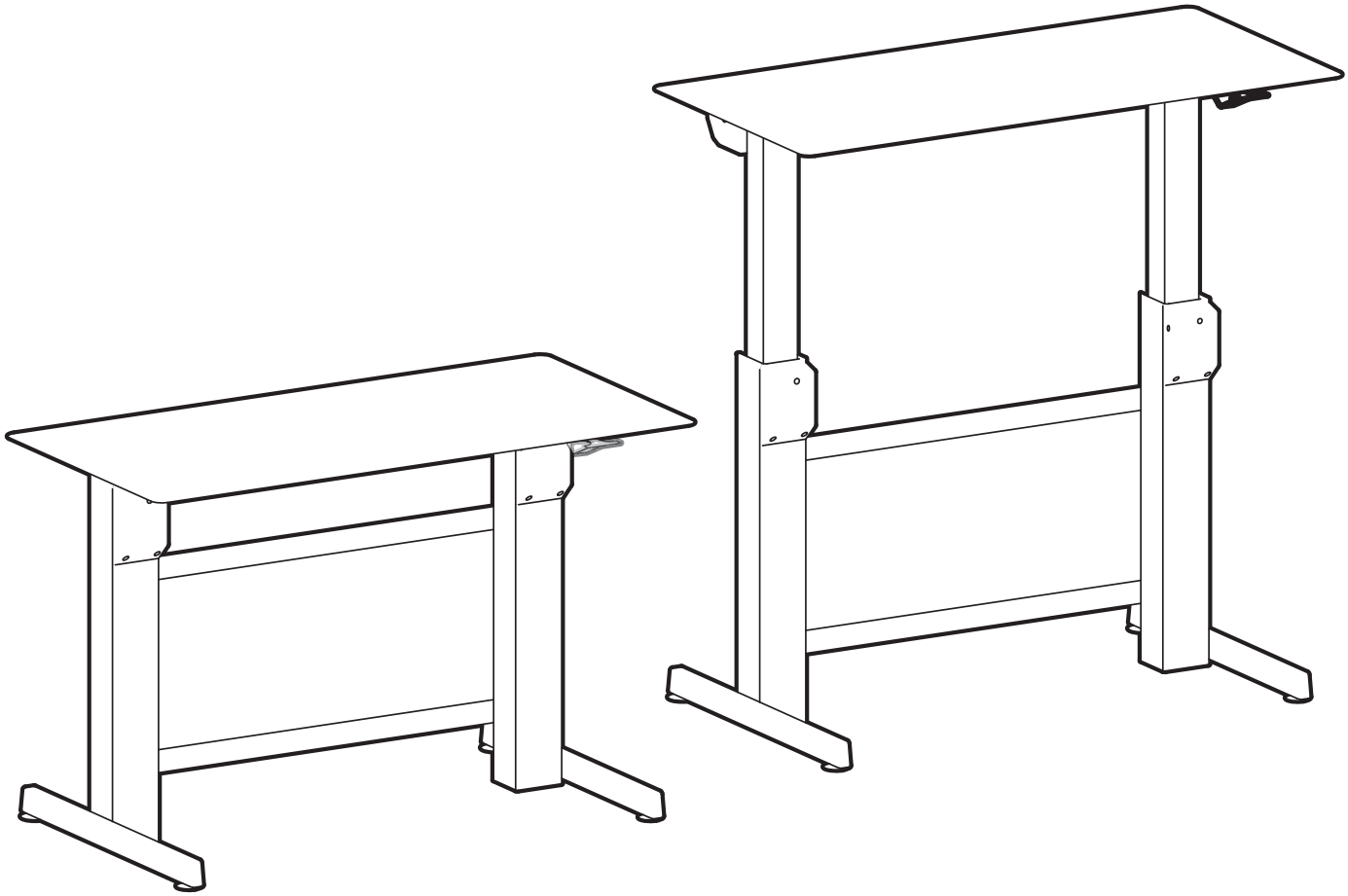
WorkFit-D

For service and warranty visit www.ergotron.com
Si desea información de servicio y garantía, visite www.ergotron.com
Pour toute question concernant la garantie ou le service client, consultez www.ergotron.com
Weitere Informationen zu Service und Gewährleistung erhalten Sie unter www.ergotron.com.
Ga voor service en garantie naar www.ergoton.com
Per assistenza e la garanzia visitare www.ergotron.com
Gå in på www.ergotron.com för service och garanti
サービスおよび保証について詳しくは、www.ergotron.com をご覧ください。
有关服务和保修，请访问 www.ergotron.com

www.ergotron.com
USA **1-800-888-8458**
Europe **+31 (0)33-45 45 600**
China **86-769-86018920**



LB kg **≤ 65 lbs. (29.5 kg)**

Hazard Symbols Review

These symbols alert users of a safety condition that demands attention. All users should be able to recognize and understand the significance of the following Safety Hazards if encountered on the product or within the documentation. Children who are not able to recognize and respond appropriately to Safety Alerts should not use this product without adult supervision!

Symbol	Signal Word	Level of Hazard
	NOTE	A NOTE indicates important information that helps you make better use of your Cart.
	CAUTION	A CAUTION indicates either potential damage to hardware or loss of data and tells you how to avoid the problem.
	WARNING	A WARNING indicates either potential for property damage, personal injury, or death.
	ELECTRICAL	An Electrical indicates an impending electrical hazard which, if not avoided, may result in personal injury, fire and/or death.

Safety

⚠WARNING
IMPACT HAZARD

Moving Parts Can Crush And Cut

Minimize Lift Tension BEFORE:

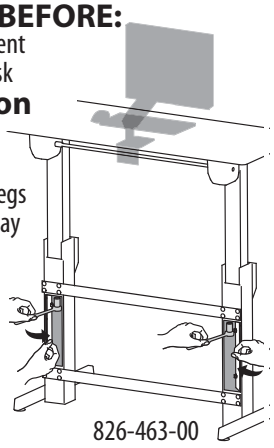
- Removing Mounted Equipment
- Shipping Desk or Storing Desk

To Minimize Lift Tension

1. Release hand brake and raise worksurface to highest position.
2. Turn adjustment nuts at back of legs counterclockwise until they stop (May require 40-60 revolutions per leg).

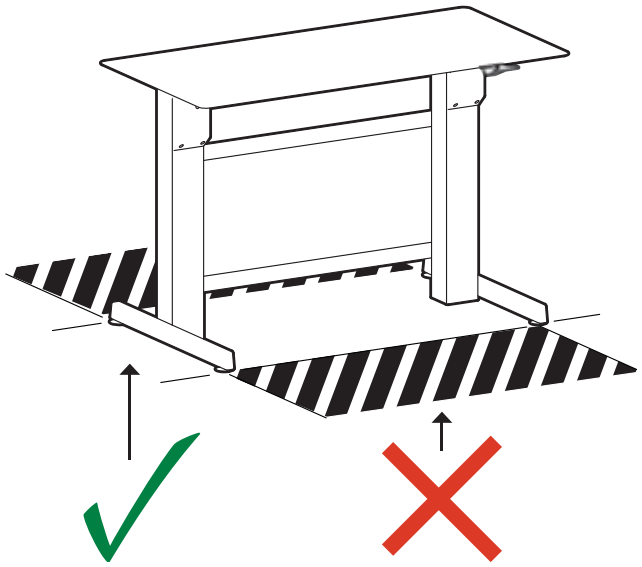
Failure to heed this warning may result in serious personal injury or property damage!

For More information and instructions visit www.ergotron.com or contact Ergotron Customer Care at **1-800-888-8458**.

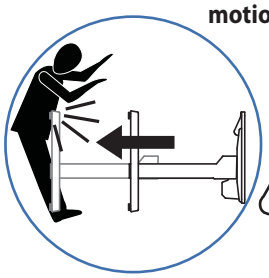


826-463-00

WARNING! TIPPING HAZARD!
When mounting accessories to the WorkFit-D, they must stay within the foot print. Do not mount accessories past the front and rear worksurface! Failure to follow this warning may result in equipment damage and or personal injury.



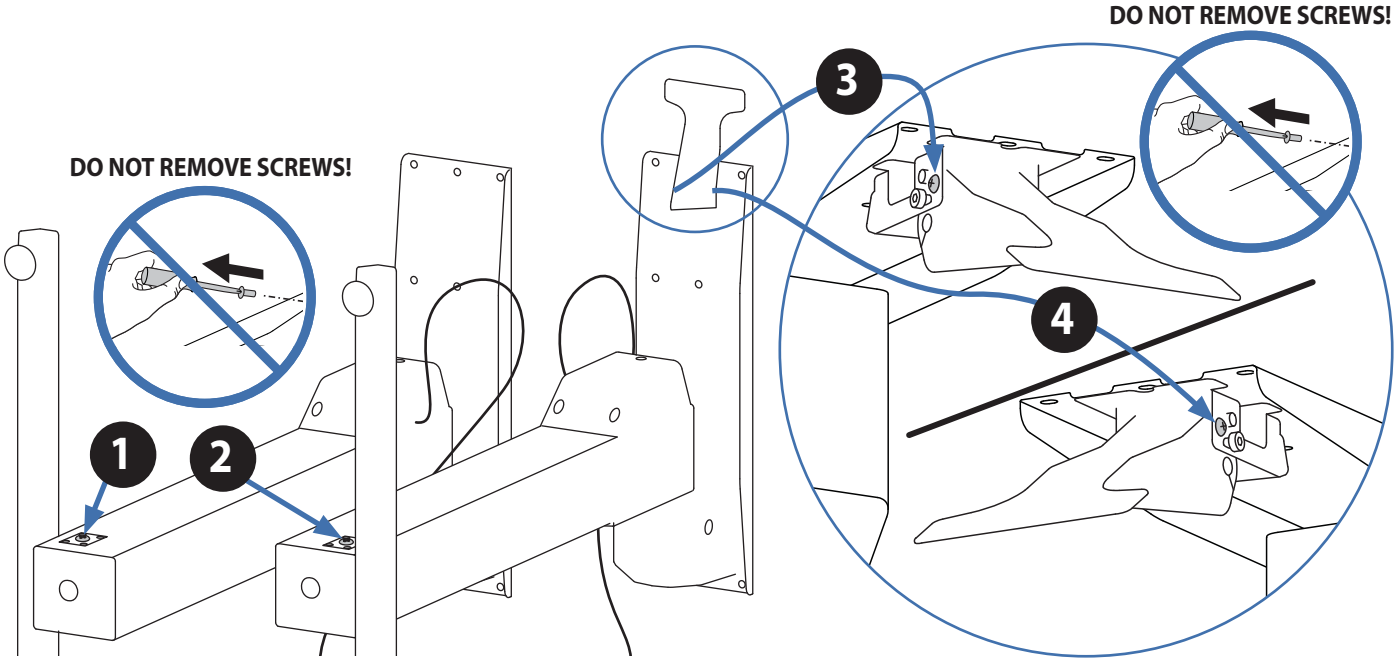
IMPORTANT! This product will need tension adjustments once installation is complete. Make sure all equipment is properly installed on the product before attempting range of motion or tension adjustments. Any time equipment is added or changed on this product resulting in a different mounted weight, you should repeat the adjustment steps to ensure safe and optimum operation. This product should move smoothly and easily through the full range of motion and stay where you set it. If movement is difficult or the product does not stay where you set it, follow the adjustment instructions to loosen or tighten the tension to create a smooth, easy motion. Depending on your product and the adjustment, it may take many turns to notice a difference.



WARNING! After you complete your installation, never tip the desk to move or reposition unless desk is raised to its highest position. Failure to follow these instructions may cause lift engine to expand rapidly and may result in equipment damage and or personal injury.

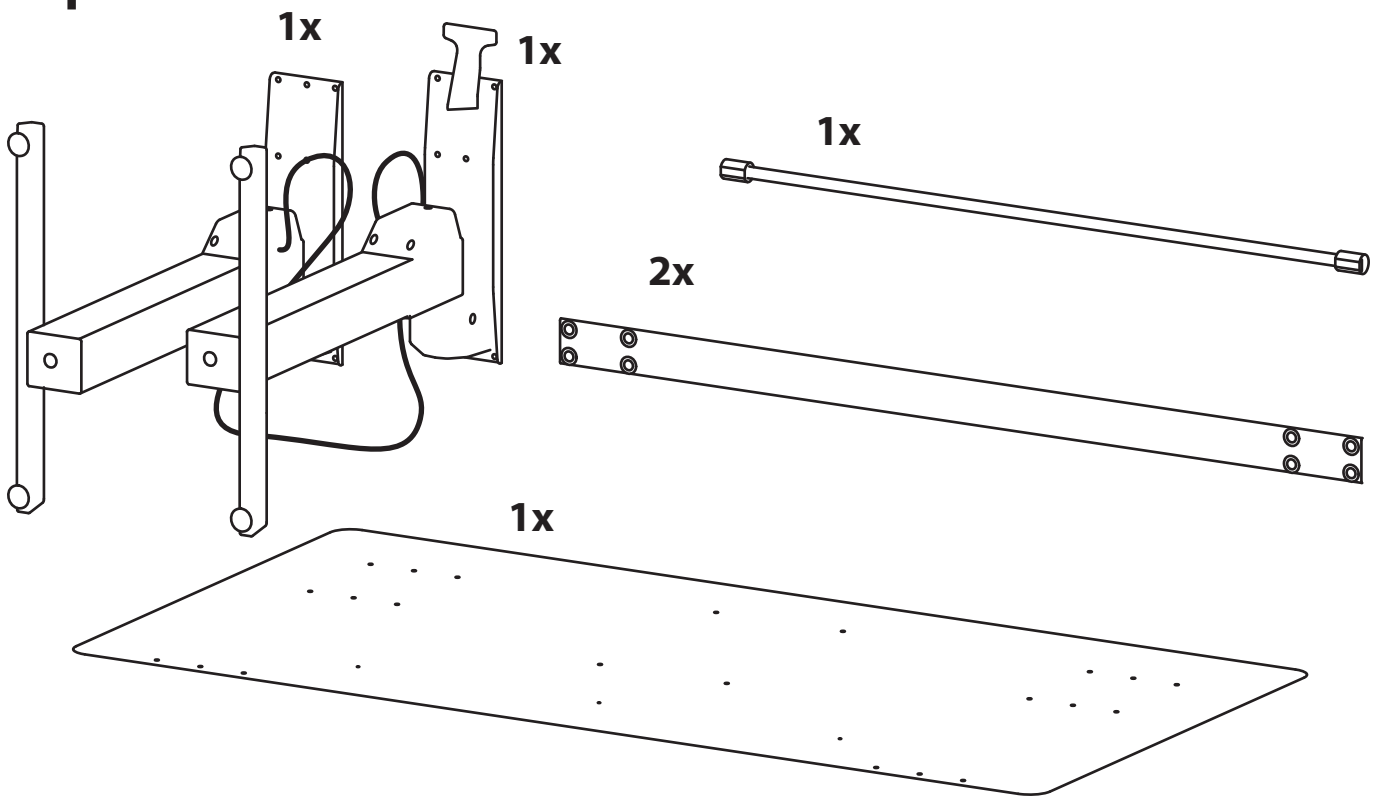
WARNING! Stop screws are pre-installed in this product to secure it in the compressed position during shipping and installation. DO NOT REMOVE THESE SCREWS UNTIL INSTRUCTED TO DO SO IN THESE INSTRUCTIONS. Make sure these screws are in place before starting installation. Failure to follow these instructions may cause lift engine to expand rapidly and may result in equipment damage and or personal injury. If any of the 4 phillips head stop screws are not installed in these locations, contact customer care before continuing with installation.

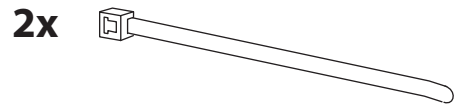
IMPORTANT! Save these stop screws and instructions. Install stop screws when moving, shipping or storing this product. Failure to follow these instructions may cause lift engine to expand rapidly and may result in equipment damage and or personal injury.

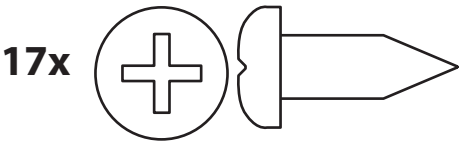


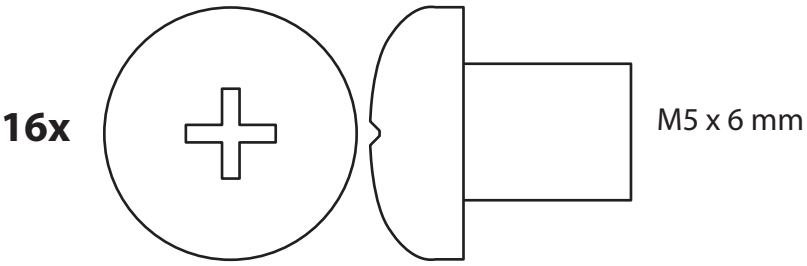
WARNING
Keep Brake Cables Away from Sync Rod and Crossbars During Installation!
Failure to keep the brake cables away from sync rod and crossbars may restrict lift motion and may cause equipment damage or personal injury! Refer to instruction manual for more information.
777-24-038-G-00

Components

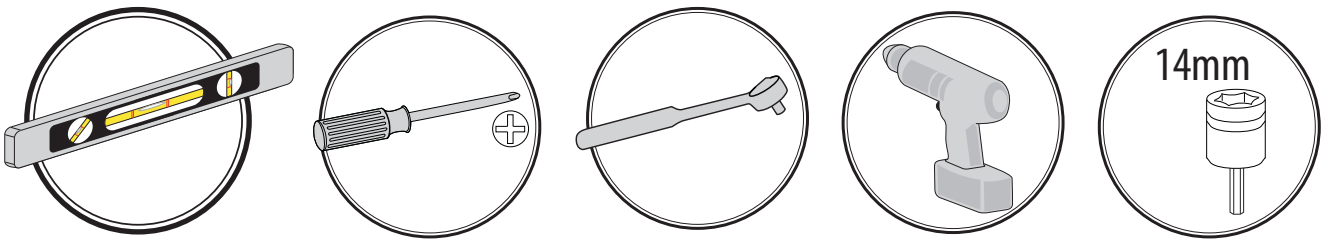








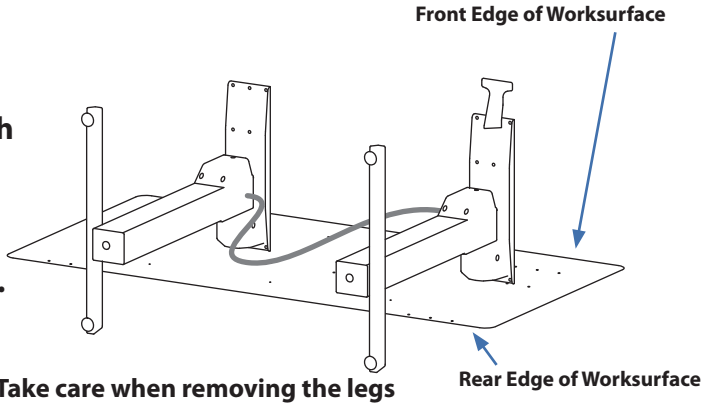
Tools Needed



Set-up Steps

1 **Place the worksurface on a clean floor with the top side facing down.**

Carefully position the leg with the hand brake on the right end of the worksurface. Place the other leg on the left end.

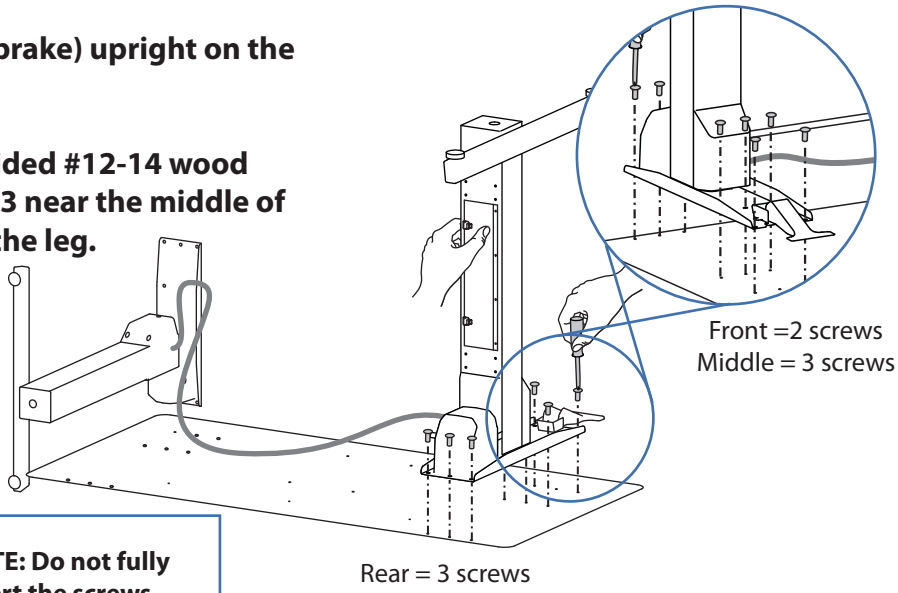


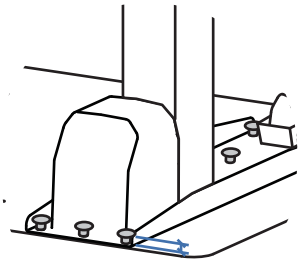
NOTE: The brake cable is attached to both legs. Take care when removing the legs from the packaging to avoid damaging or pulling the brake cable from the legs.

2 **Set the right leg (with hand brake) upright on the worksurface.**

Partially insert 3 of the provided #12-14 wood screws at the rear of the leg, 3 near the middle of the leg and 2 at the front of the leg.

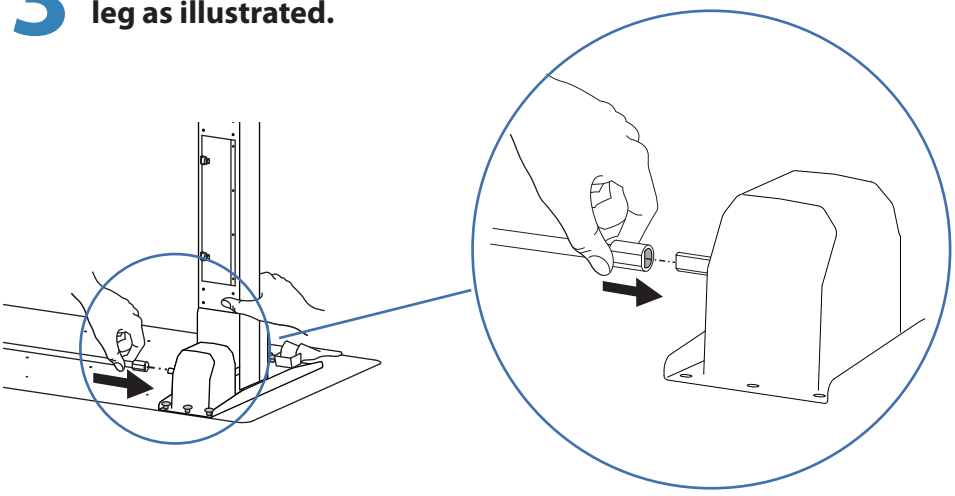
12-14 Wood Screw





NOTE: Do not fully insert the screws into the worksurface at this time. Leave approximately 1/8" space.

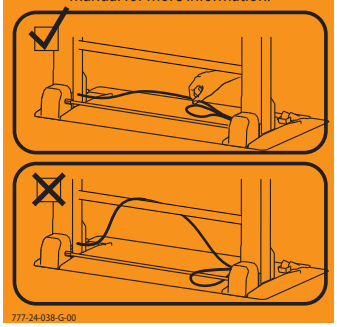
3 **Attach one end of the rod to the right leg as illustrated.**



WARNING

Keep Brake Cables Away from Sync Rod and Crossbars During Installation!

Failure to keep the brake cables away from sync rod and crossbars may restrict lift motion and may cause equipment damage or personal injury! Refer to instruction manual for more information.

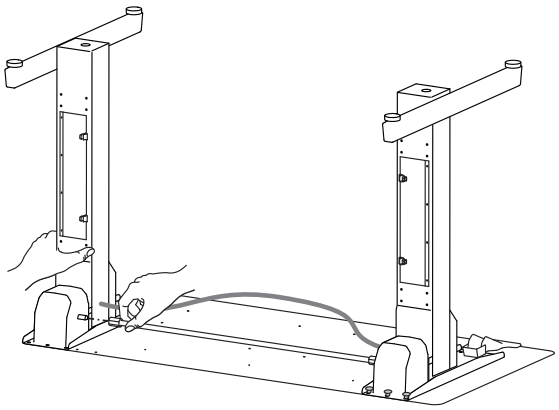


777-24-038-G-00

Set-up Steps

4 **Set the left leg (without hand brake) upright on the worksurface.**

Attach the left end of the rod to the left leg.



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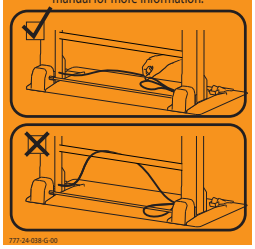
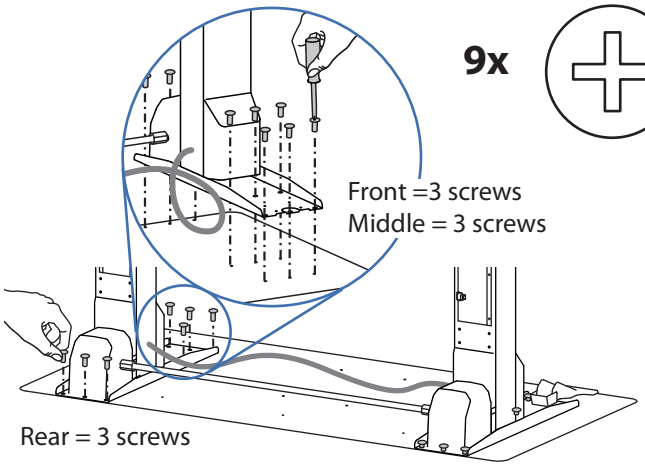
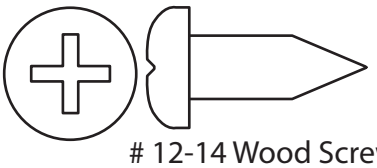


777-24-038-G-00

5 **Partially insert 9 of the provided #12-14 wood screws in the left leg and worksurface.**

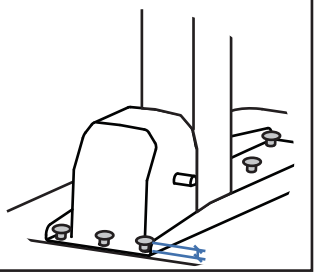


9x

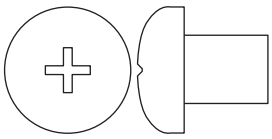


12-14 Wood Screw

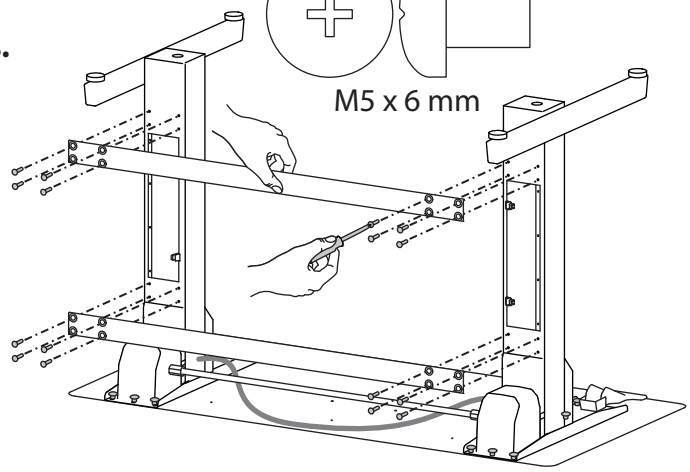
NOTE: Do not fully insert the screws into the worksurface at this time. Leave approximately 1/8" space.



16x



M5 x 6 mm



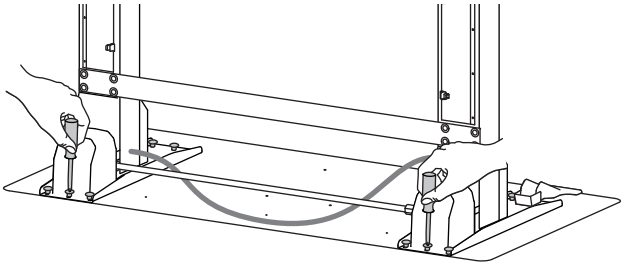
6 **Use a Phillips screwdriver to insert the provided M5x6 mm screws into the two crossbars connecting the left and right legs.**

Tighten the screws slightly one at a time and repeat to ensure that the tension on every screw is equal.

NOTE: Do not overtighten screws. overtightening screws may result in stripping the holes and may cause the installation to be unsafe.

7 **Use a Phillips screwdriver to tighten down the screws attaching the legs to the worksurface.**

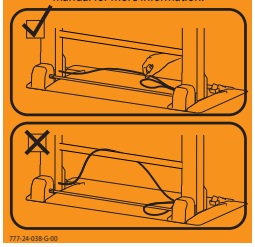
NOTE: Do not overtighten screws. overtightening screws may result in stripping the holes and may cause the installation to be unsafe.



WARNING

Keep Brake Cables Away from Sync Rod and Crossbars During Installation!

Failure to keep the brake cables away from sync rod and crossbars may restrict lift motion and may cause equipment damage or personal injury! Refer to instruction manual for more information.



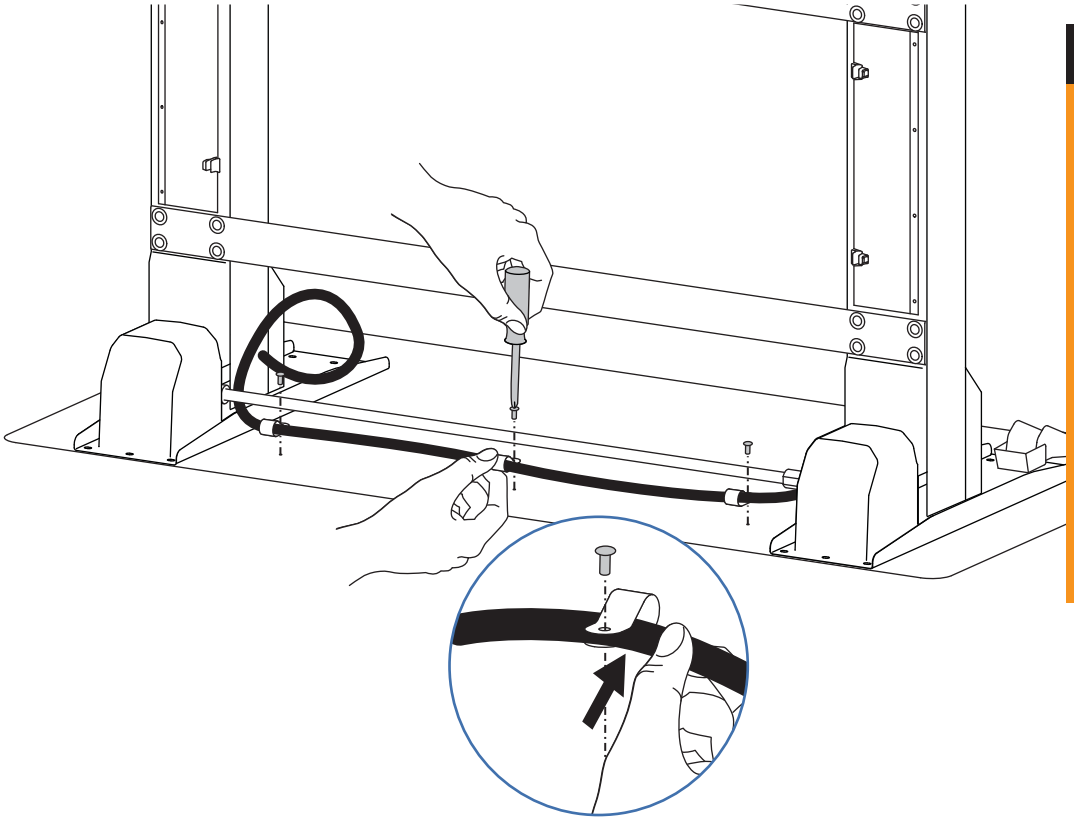
777-24-038-G-00

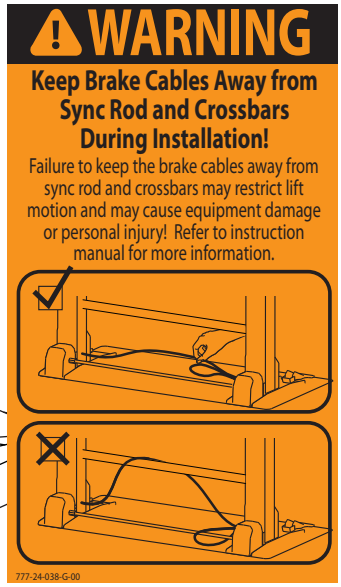
Set-up Steps

8 **Capture the brake cable in the cable clip as illustrated, then use a Phillips screwdriver to attach the cable clips to bottom of work surface with the provided M2.9 x 8 mm screws.**

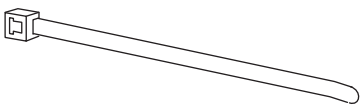
3x

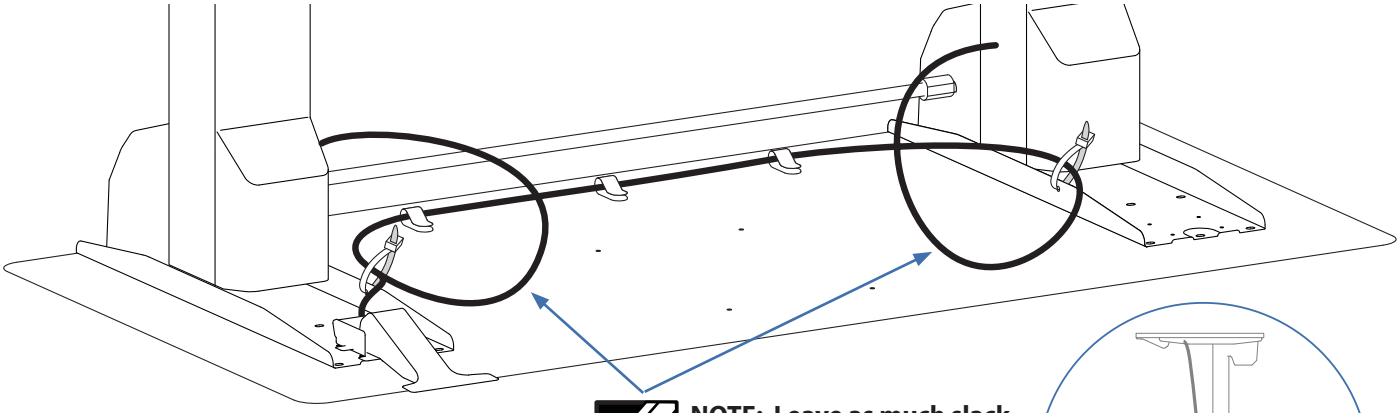
3x
M2.9 x 8 mm



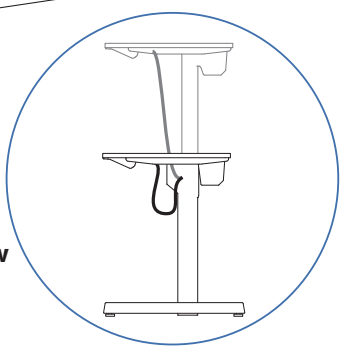

WARNING
Keep Brake Cables Away from Sync Rod and Crossbars During Installation!
Failure to keep the brake cables away from sync rod and crossbars may restrict lift motion and may cause equipment damage or personal injury! Refer to instruction manual for more information.
777-24-038-G-00

9 **Using the 2 provided cable ties, attach brake cable to the legs leaving as much slack in cable as possible between the cable tie and the leg to allow desk top to raise up unrestricted.**

2x 

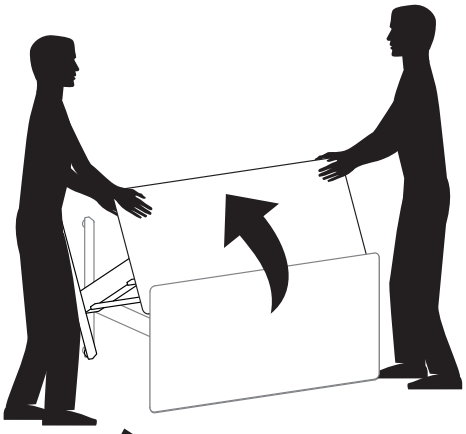


NOTE: Leave as much slack in cable as possible between the cable tie and the leg to allow desk top to raise up unrestricted. Failure to follow this may result in equipment damage.

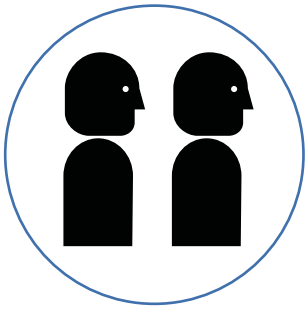


Set-up Steps

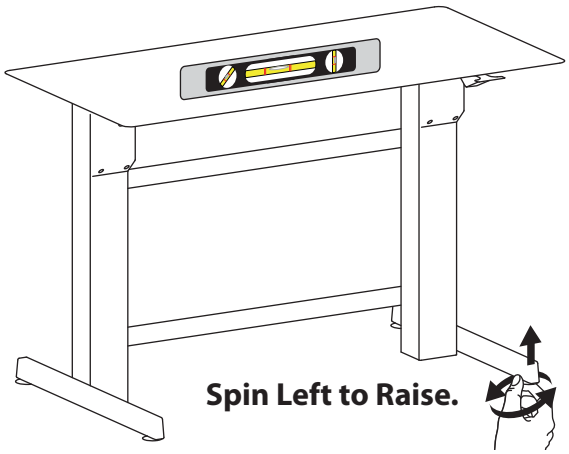
10 Set the desk upright onto its legs.

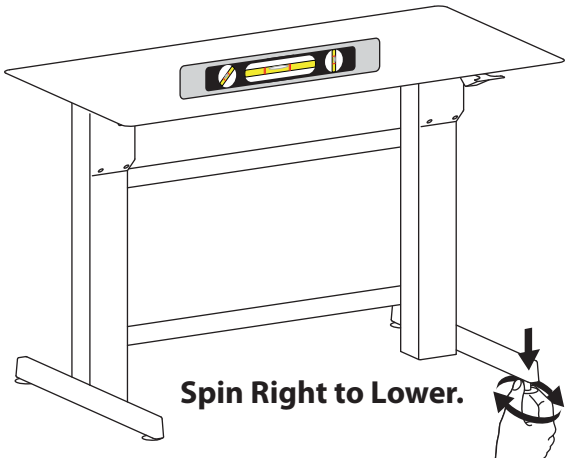


CAUTION!
LIFT HAZARD! Two persons are required for this step. Failure to follow this warning may result in equipment damage and or personal injury.



11 Adjust the riser on each leg and check with a level to make sure the work surface is even.

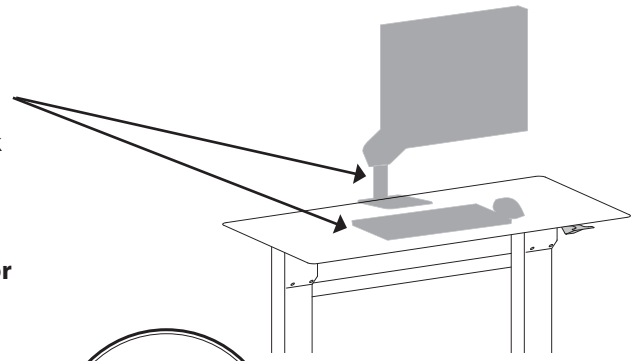


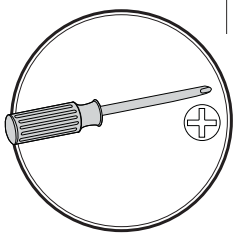


Set-up Steps

12 Install all equipment before removing the 4 brake stop screws.

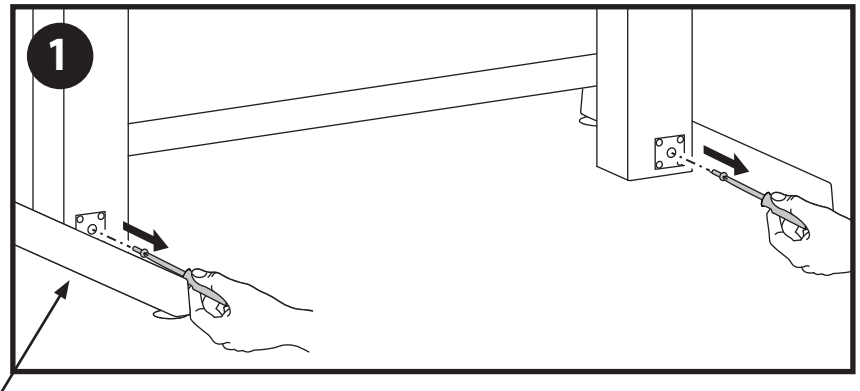
CAUTION! Make sure you leave 20" (508mm) of slack in all cables to allow the worksurface to raise up it's full 20" (508mm). Failure to allow enough slack in cables may cause cables to get pulled, equipment to fall off desk and may result in product damage and or personal injury.

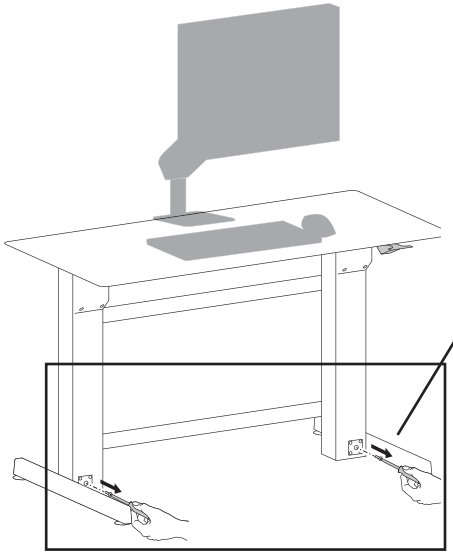


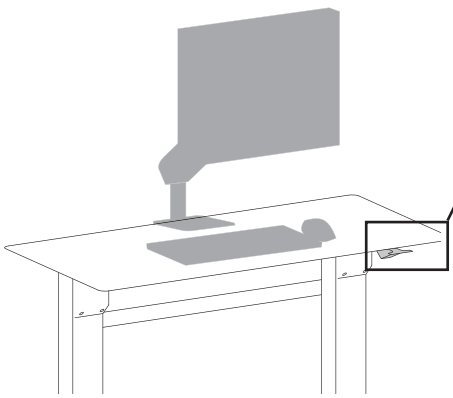


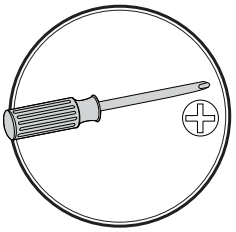
After installing all equipment, remove the 2 stop screws from the legs then the 2 stop screws from the brake to allow the worksurface to raise and lower.

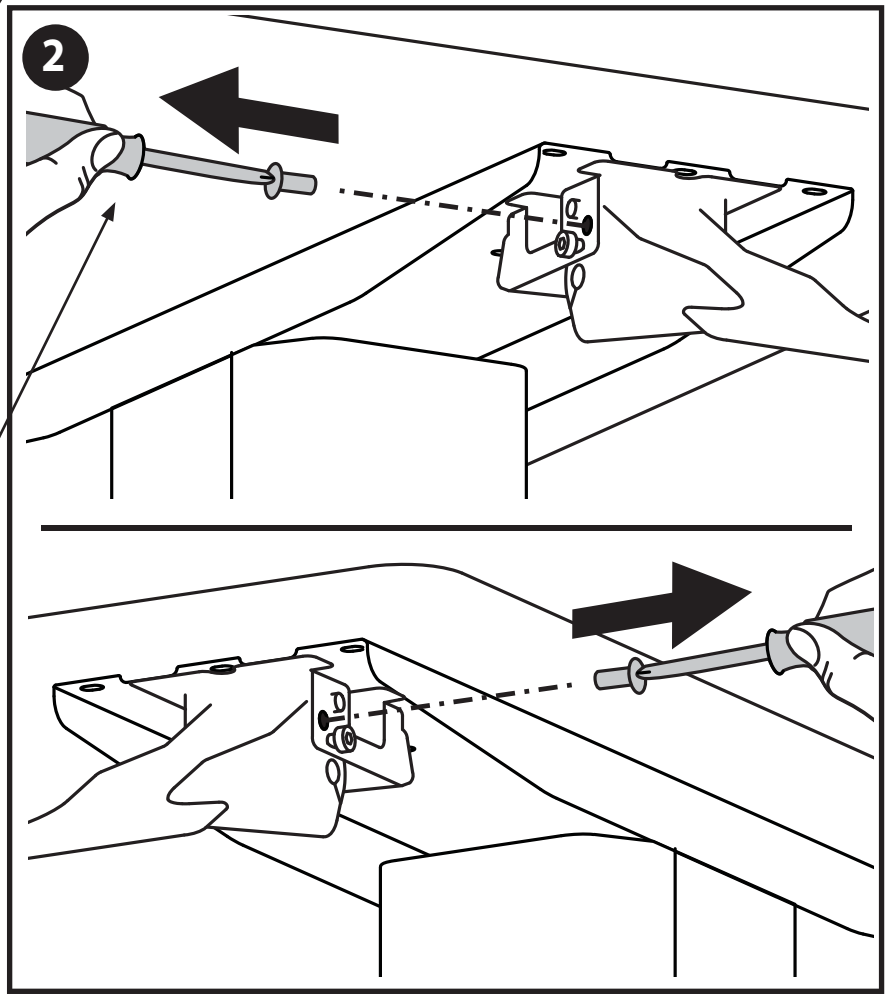
IMPORTANT! Save these stop screws and instructions. Install stop screws when moving, shipping or storing this product. Failure to follow these instructions may cause lift engine to expand rapidly and may result in equipment damage and or personal injury.





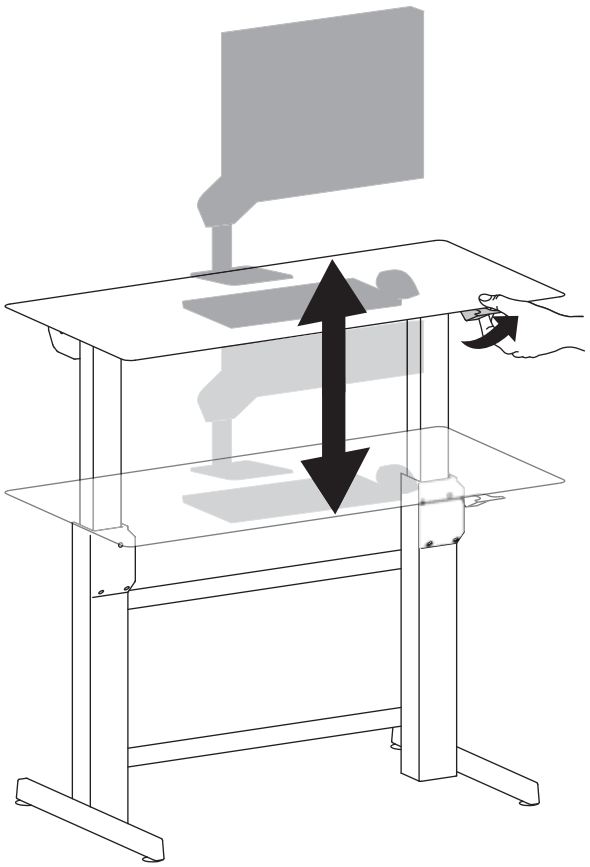






Adjustment Step

13 **IMPORTANT! This product will need tension adjustments once installation is complete. Make sure all equipment is properly installed on the product before attempting range of motion or tension adjustments. Any time equipment is added or changed on this product resulting in a different mounted weight, you should repeat the adjustment steps to ensure safe and optimum operation. This product should move smoothly and easily through the full range of motion and stay where you set it. If movement is difficult or the product does not stay where you set it, follow the adjustment instructions to loosen or tighten the tension to create a smooth, easy motion. Depending on your product and the adjustment, it may take many turns to notice a difference.**



⚠WARNING

IMPACT HAZARD

Moving Parts Can Crush And Cut

Minimize Lift Tension BEFORE:

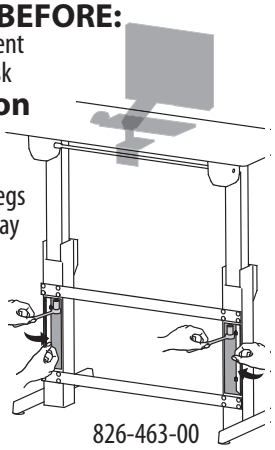
- Removing Mounted Equipment
- Shipping Desk or Storing Desk

To Minimize Lift Tension

1. Release hand brake and raise worksurface to highest position.
2. Turn adjustment nuts at back of legs counterclockwise until they stop (May require 40-60 revolutions per leg).

Failure to heed this warning may result in serious personal injury or property damage!

For More information and instructions visit www.ergotron.com or contact Ergotron Customer Care at **1-800-888-8458**.



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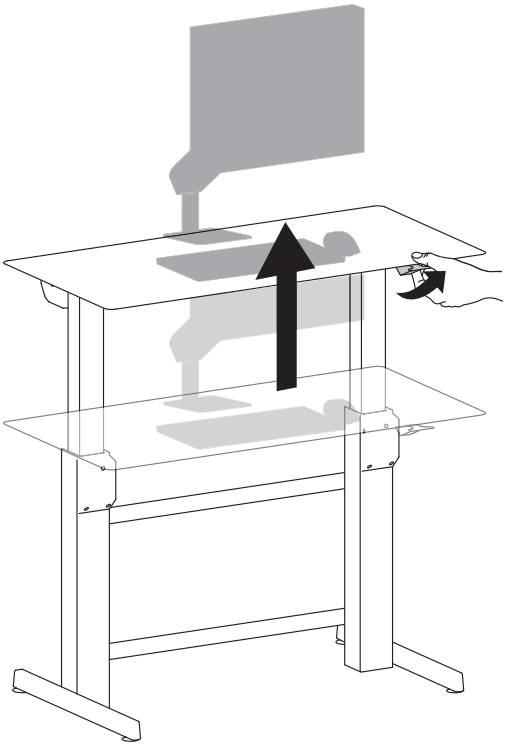
Adjustment Step

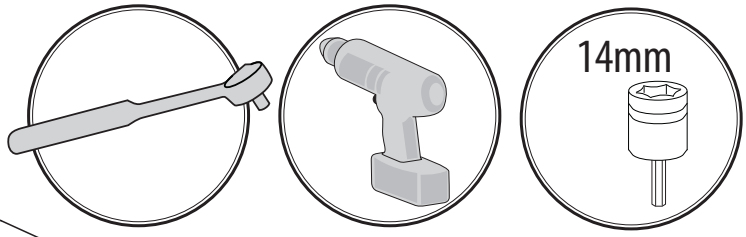
14 **Release the hand brake (on the right leg) and move the worksurface up to highest level.**

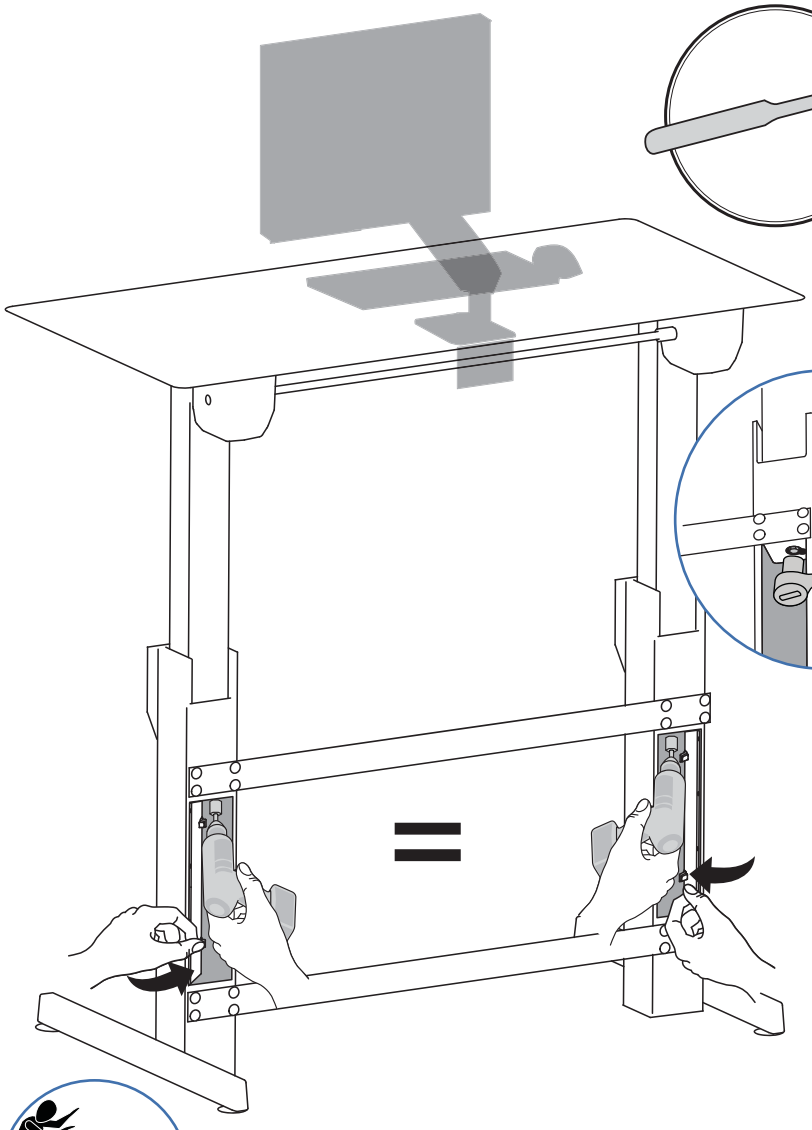


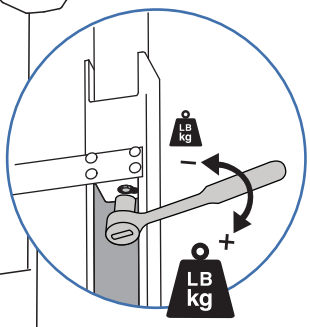
Push aside the cover located behind each leg to access the adjustment point.

Maintain equal amount of tension on both legs by alternating the tension adjustment from one leg to the other using a 14mm socket wrench.

NOTE: The covers on the legs will not open unless the worksurface has been lifted to it's full height.
The worksurface will not lower unless the covers have been completely closed.

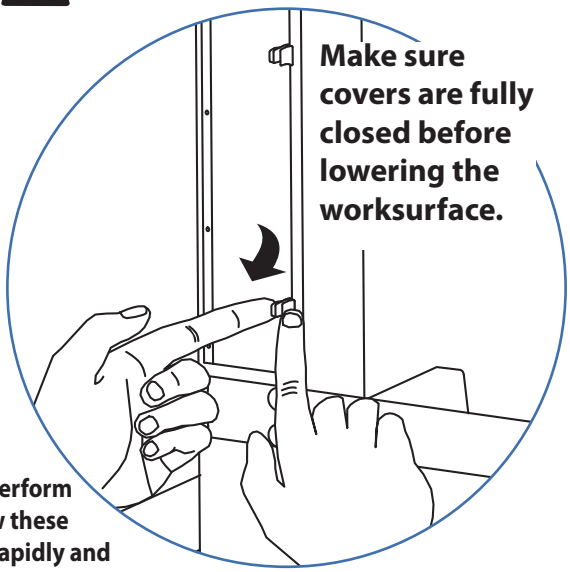




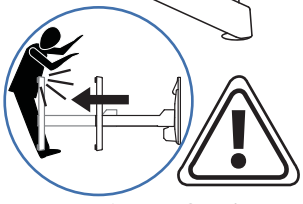


Spin left to loosen tension (for lighter loads).

Spin right to tighten tension (for heavier loads).

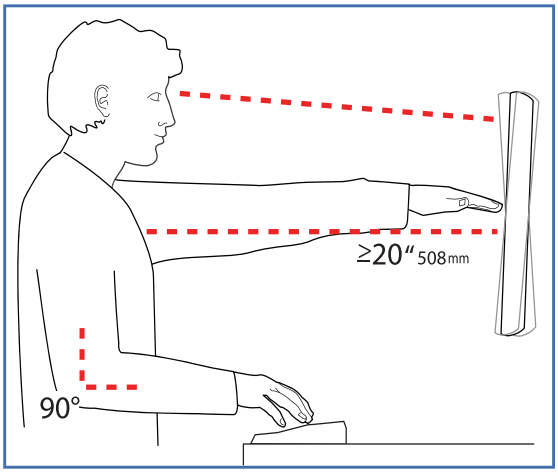


Make sure covers are fully closed before lowering the worksurface.



WARNING! DO NOT tip desk over to adjust. Only perform adjustment while desk is upright. Failure to follow these instructions may cause the lift engine to expand rapidly and may result in equipment damage and or personal injury.

Set Your Workstation to Work For YOU!
Configure su estación de trabajo para que trabaje para USTED.
Ajustez votre station de travail en fonction de VOS besoins !
Richten Sie Ihren Arbeitsplatz so ein, dass er für SIE arbeitet!
Stel uw werkstation zo in dat het voor U werkt!
Approntare la stazione di lavoro nella posizione ergonomica ottimale.
一人ひとりにピッタリのワークステーション!
按照您自身的需要设置工作站！



Learn more about ergonomic computer use at:
Más información sobre el uso ergonómico de ordenadores:
Apprenez-en plus sur l'utilisation ergonomique d'un ordinateur sur :
Weitere Informationen zur ergonomischen Computernutzung finden Sie unter:
Leer meer over ergonomisch computergebruik op:
Per ulteriori informazioni sull'uso ergonomico del computer:
人間工学的なコンピュータの使用法については次のサイトを参照してください
想进一步了解以符合人体工程学的方式使用计算机的知识，请访问：

www.computingcomfort.org

Height Position top of screen slightly below eye level.
Position keyboard at about elbow height with wrists flat.
Distance Position screen an arm's length from face—at least 20" (508mm).
Position keyboard close enough to create a 90˚ angle in elbow.
Angle Tilt screen to eliminate glare.
Tilt the keyboard back 10° so that your wrists remain flat.

To Reduce Fatigue
Breathe - Breathe deeply through your nose.
Blink - Blink often to avoid dry eyes.
Break • 2 to 3 minutes every 20 minutes
• 15 to 20 minutes every 2 hours.

Altura Coloque el borde superior de la pantalla ligeramente por debajo de la altura de sus ojos.
Coloque el teclado aproximadamente a la altura de los codos con las muñecas planas.
Distancia Coloque la pantalla a una distancia de un brazo desde la cara, esto es, unos 50 cm (20 pulgadas).
Coloque el teclado lo suficientemente cerca para que el codo forme un ángulo de 90º.
Ángulo Incline la pantalla para eliminar los reflejos.
Incline el teclado 10º hacia atrás para que las muñecas sigan en posición plana.

Para reducir la fatiga
Respirar - Respire hondo por la nariz.
Parpadear - Parpadee a menudo para que no se sequen los ojos.
Descansar • 2 o 3 minutos cada 20 minutos
• 15 o 20 minutos cada 2 horas.

Hauteur Positionnez l'écran du haut légèrement en dessous du niveau du regard.
Positionnez le clavier à peu près à la même hauteur que vos coudes, pour que vos poignets soient à plat.
Distance Positionnez l'écran à un bras de distance de votre visage, à au moins 508 mm (20 pouces).
Positionnez le clavier assez près pour que vos coudes forment un angle de 90°.
Angle Inclinez l'écran pour ne pas être ébloui.
Inclinez le clavier vers l'arrière de 10° pour que vos poignets soient à plat.

Pour réduire la fatigue
Respirez - Respirez profondément par votre nez.
Clignez des yeux - Clignez souvent des yeux pour ne pas avoir les yeux secs.
Faites des pauses • 2 à 3 minutes toutes les 20 minutes
• 15 à 20 minutes toutes les 2 heures.

Höhe Positionieren Sie die obere Kante des Bildschirms knapp unter Augenhöhe.
Positionieren Sie die Tastatur bei flach aufgelegten Handgelenken auf Ellenbogenhöhe.
Abstand Positionieren Sie den Bildschirm mindestens eine Armlänge (50 cm) von Ihrem Gesicht entfernt.
Positionieren Sie die Tastatur nahe genug, um einen Ellenbogenwinkel von 90 ˚ zu ermöglichen.
Winkel Neigen Sie den Bildschirm so, dass ein Spiegeleffekt vermieden wird.
Neigen Sei die Tastatur um 10 ° nach hinten, sodass Ihre Handgelenke flach aufliegen.

Vermeiden von Ermüdungserscheinungen
Atmen - Atmen Sie tief durch die Nase ein und aus.
Blinzeln - Blinzeln Sie so oft wie möglich, um trockene Augen zu vermeiden.
Pausen • Machen Sie alle 20 Minuten eine Pause von 2-3 Minuten
• Machen Sie alle 2 Stunden eine Pause von 15-20 Minuten.

Hoogte Zet de bovenkant van het scherm iets boven ooghoogte.
Plaats het toetsenbord op ongeveer ellebooghoogte met de polsen plat.
Afstand Plaats het scherm op een armlengte van uw gezicht — op ten minste 508 mm (20 in).
Zet uw toetsenbord zo dichtbij dat u een hoek van 90° in de ellebogen hebt.
Hoek Kantel het scherm om weerspiegeling te elimineren.
Kantel het toetsenbord 10° naar achteren, zodat uw polsen plat blijven liggen.

Om vermoeidheid te verminderen
Ademen - Adem diep door uw neus in en uit.
Knipperen - Knipper regelmatig om droge ogen te vermijden.
Pauzes nemen • 2 tot 3 minuten elke 20 minuten
• 15 tot 20 minuten elke 2 uur.

Altezza Posizionare la parte superiore dello schermo leggermente sotto il livello degli occhi.
Posizionare la tastiera circa all'altezza dei gomiti, in modo che i polsi siano piatti.
Distanza Posizionare lo schermo a un braccio di distanza dal viso, almeno a 20" (508 mm) di distanza.
Posizionare la tastiera affinché sia abbastanza vicina da costringere i gomiti a un angolo di 90˚.
Angolazione Inclinare lo schermo in modo da eliminare i riflessi.
Inclinare la tastiera indietro di 10° in modo che i polsi rimangano piatti.

Per ridurre l'affaticamento
Respirazione - Respirare profondamente dal naso.
Battito delle palpebre - Battere spesso le palpebre per evitare che gli occhi si asciughino.
Pause • Fare una pausa di 2 - 3 minuti ogni 20 minuti
• Fare una pausa di 15 - 20 minuti ogni 2 ore.

高さ スクリーンの上端が目よりわずかに下に来るようにします。
キーボードが、手首を水平に伸ばした状態でひじとほぼ同じ高さに来るようにします。
距離 スクリーンを顔から腕の長さ分（少なくとも508mm）離します。
ひじが直角になる位置にキーボードを置きます。
角度 反射光をなくすようにスクリーンの角度を調整します。
キーボードを後方に 10º 傾けて、手首が水平になるようにします。

疲れを軽減する方法
呼吸 - 鼻から深く呼吸します。
まばたき - 目の乾燥を防ぐために頻繁にまばたきしてください。
休憩 • 20分ごとに2～3分
• 2時間ごとに15～20分

高度 屏幕顶端的位置要稍低于视线高度。
将键盘放置在大约肘部的高度并且手腕要能放平。
距离 将屏幕摆放在距离面部一臂长的位置——至少 508mm (20")。
键盘的位置要够近，以使肘部形成直角。
角度 倾斜屏幕以消除眩光。
将键盘向后倾斜 10 度，使手腕能保持放平。

为了减轻疲劳
呼吸 - 通过鼻子深呼吸。
眨眼 - 经常眨眼可避免眼睛干涩。
休息 • 每隔 20 分钟休息 2 至 3 分钟
• 每隔 2 小时休息 15 至 20 分钟.

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